



# Expecting?

Enroll in **Future Moms** as soon as you know you are pregnant! This free prenatal program is included in your health plan!

Remember to add your newborn to your health coverage within 31 days of birth! Contact your Benefits Administrator.

**Enroll in Future Moms**  
**800-828-5891**



## **Attention COVA Care Moms!**

If delivery occurs on or after July 1, 2008, you can save \$300! Enroll in Future Moms in your first trimester, complete the program – and the plan will waive the \$300 maternity hospital stay copayment.

**Commonwealth  
of Virginia**